

THE BLOOMFIELD GAZETTE, NOVEMBER 30, 1872.

The Bloomfield Gazette.

Office, At the Post Office.

SATURDAY, NOVEMBER 30, 1872.

ATHLETIC EXERCISE.

Our literary and scientific journals, and some of the daily papers also, have, of late, been discussing the subject of athletic sports. The New York Times, particularly, has published several strong articles; urging young men to turn their attention to athletic exercise in the open air. This effort has already resulted, in New York, in the formation of clubs for playing foot-ball and other games requiring vigorous exertion. Our young men are beginning to realize the fact that, though many fine specimens of manhood are frequently seen in the country, yet as a race we are inferior to the English and Germans. In our cities and their environs, there is a constantly increasing class of men, who either drop off suddenly under the strain and confinement of business, or break down while still in the prime of life, and drag out a miserable existence during the rest of their days. Such men do not accomplish one-half their allotted work, nor draw from life a tithe of the enjoyment to which, by nature, they are entitled.

All sedentary occupations are injurious to the health, both directly and indirectly; directly, because they cramp the body, and confine it in an unnatural position; indirectly, from the lack of free air and exercise. How to counteract these tendencies, and preserve health, is a matter for grave consideration. It is time, in this age and country, for people to know something about their bodies; what they are, and what will keep them in good order, and what will injure them. A large part of a man's enjoyment in life, depends on the state of his physical system. Morals excepted, there is nothing of greater importance than bodily health; it is not second to even intellectual vigor. For of what use is an educated mind, burdened with a suffering body? But comparison is not necessary; intellectual and physical education should go hand in hand. And yet, just here, there is a fundamental error in our educational systems. The institutions where suitable provision has been made to supply this want, are so few as to be only exceptions to the general statement. Sometimes a gymnasium is built, and the students are left to use it or not, as best suits them. Where exercise is required, and instructors engaged, the study of physiology is often omitted. A knowledge of this subject, which should be amongst the earliest studies of childhood, is almost altogether confined to the liberally educated; and of these only a few know anything about it. The most lamentable fact connected with the matter, is that men are satisfied to remain ignorant. Teachers are not altogether to blame; most parents oppose their children studying physiology, and give no attention to it for themselves. It is taught in but few schools, and in them to only a small proportion of the pupils. Our public lecturers, who are supposed to know the popular taste, treat us to every conceivable thing—historical and biographical, literary and scientific, instructive and entertaining; even lost arts and dead languages are discussed before admiring crowds. But not a corporal's guard will attend a course of lectures on the structure of man's body and the laws of health. It is a cause of thanksgiving that the Press has entered the field with so much zeal.

Any one who has ever thought at all, must have learned that certain things are essential to health. Food and sleep, most persons will acknowledge, are requisite; and yet without much thought as to the kind and quantity. As regards air, there is more ignorance or sin, or both, than about any other matter pertaining to health. One of the plainest facts connected with warm-blooded animals, is that they require a constant supply of pure air; otherwise their blood becomes filled with poisonous matter, which will sooner or later produce disease or death. Exercise is useful in every respect. Without undertaking to give an account of the various ways in which it affects the system, it is enough to say that anyone's experience must have taught him—if he has been willing to think of the subject—how intimately connected it is with his comfort and health. The Times cites a case in point:

A gentleman called at our office the other day to cite his experience of walking. He said that he lived in Thirtieth street, and that he had been compelled, in consequence of the horse disease, to walk to and from his office every day. The first two days he felt weary when he reached his office, and unfit for entering on business with his usual activity. He was tired when he got home, and had little appetite. But after a few days he began to enjoy the walk; found that his business activity was increased, and his appetite for dinner was as good as ever, and a more healthy one. He had, too, not known a twinge of dyspepsia for a week. A friend, who had been his companion in his every-day walk, had a similar experience. They have both wisely determined to eschew horse-drawn vehicles, except on wet days.

While gymsnasiums are grand things for exercise, particularly in winter; and while, too, ball and boating afford capital athletic exercises; walking fulfills every requisite need, and is within the reach of all conditions and ages. In fact, it has the advantage, that while it is taken where the supply of fresh air is constant, and its friction is felt all over the body, there is little risk of over exertion. This is of importance, particularly to persons of middle life.

But we must go farther back and begin with the children. They must be encouraged to play. "Strange notion," some may think; "they play enough already."

Watch them and see if they do. Many have as little vitality that they must ride to and from school on the horse-car; or, if not, in their father's carriage. Keep them as much as possible in the open air; let them know that they cannot be healthy and fine specimens of their race without regular athletic exercise; that their mental growth will be slow and defective, unless they possess "sound bodies."

The girls need this advice more than the boys, for their manner of life, and the examples continually set before them, tend strongly to a sedentary life. Mothers, instead of dressing their girls with a view to comfort, health and beauty, inquire what the fashion is; and in obedience to its iron demands, bring suffering, disease and deformity upon the offspring God has given them to train for usefulness, happiness and immortality. It is useless to reason, ridicule, or beseech; few dare to "live wisely," and such as do are subjects for the laughter of their foolish sisters. Perhaps, if the men can all get right, something may be done with the other sex in the course of a few generations. In the meantime let the pulpit, the press, and the school, exert their influence strongly in this direction, and never cease until the reform is accomplished.

THE BLOOMFIELD AND MONTCLAIR GAZETTE.

In our last number we foreshadowed the danger of our GAZETTE ending its six months' probation in an untimely death. Believing in the good old doctrine that "honesty is the best policy," we frankly allowed ourselves to "think aloud" on the needs and whereabouts for placing the paper on a substantial, self-sustaining basis, and submitted a programme which we thought would be feasible and successful. It was the result of careful estimates, and a re-examination confirms our opinion, that nothing less will suffice to insure a vigorous and useful life to the GAZETTE.

We cannot bring ourselves to believe that these two thriving and growing villages are unable or unwilling to sustain a respectable weekly newspaper. The convenience and the credit of such a journal to a community like that our GAZETTE professes to represent and speak for, are too obvious to require special setting forth.

It may be clearly understood that our scheme proposes to make it the GAZETTE of these two villages, bearing the name of both towns at its head, and devoting itself equally and impartially to the promotion of the interests of both in every social and material, as well as in every moral and educational aspect. Responses to our request in the former article reach us slowly. Our friends should understand that it is important for us to know speedily whether this enterprise is to be upheld or not. Let all who are willing to be of the number that will subscribe for *free* copies (or any other number) at \$10, to be paid, say 1st February next, write us at once to that effect. And those who will be of the number by letter at once, stating what amount they will be respectively pledged for:

\$100 for a quarter column all the year. \$50 for an eighth " " " \$25 for a card of one inch " " " Payment equivalent in space and time.

None of these pledges to be binding unless a sufficient number be obtained to cover the *actual cost* of the paper, and thus assure the continuance of the GAZETTE. Remuneration for labor and brain-work would be looked for from other additional advertisements and subscribers.

Now, may we not ask immediate consideration of this subject by every friend of the journal in Montclair and Bloomfield. If the citizens of Montclair will take hold of this in earnest, we shall succeed, for we know we may rely on Bloomfield to do her part.

We shall be glad to have a committee of gentlemen from Montclair meet with us on the 9th December, in conference, according to a notice in another column headed, "Important Notices."

THE SERVANT QUESTION.—Germany is ahead of us in some things. In our last number we had an interesting account of their method in Copenhagen of disposing of poor children during the school vacation in summer. It was admirable.

A recent tourist in Germany communicated to us a hint on the servant question. He visited an Agricultural Fair, and was present at the commencement of premiums. We quote only that relating to this subject:

Then comes the queerest part of all, and I respectfully call the attention of political economists, especially female, in the United States, to this proceeding, as furnishing a means of solving the vexation question. "How shall we keep our girl, five weeks?" With words of commendation, the proper officer mentions the names of forty-seven servants, each of whom had lived over five years in the employ of one master, to twenty of whom he gave prizes in money, and on the heads of the other twenty-seven he showered praises and honors in unlimited measure. As a curiosity, I submit a few of the facts. One man has been thirty-six years in service at a tavern, another twenty-eight years at a post-house; this one eighteen years, the next ten, then eight and three-quarters, and so on. Now catches my eye that which gives hope for America. Josephine Peterler (she'll never come so near to fame again, as she does now) twenty-one years at one house! and that the house of a Hessian man—a professor! Barbara Walker sixteen years in a guest-house! What an amount of hard work she has done! Then they follow fifteen years, thirteen, eleven, ten, and so down. Can any country in the United States show such a record? Now let the "Servants' Prize Company" be organized and the premiums offered!

PERAMBULATIONS ABOUT BLOOMFIELD.—No. 1.

We sallied out for a walk the other afternoon. Starting at Ridgewood Avenue, we followed our new grand Boulevard, Bloomfield Avenue, yclept "The Turnpike," and found the residents on that beautiful avenue pretty generally adjusting their houses and their places of business to the new order of things. The twenty feet increased width of the road has of necessity curtailed the yards of some, and in a few instances, intruded upon the front stoops. In some cases the houses themselves had to retreat several feet. The change of grade has left some residences below the level of the avenue, but still more, quite too high above it. We heard some fault-finding with the awards, and intimations that a suit will be instituted against the county by a few irreconcilables, but we apprehend they will be none the richer or happier when the verdict shall be announced. All acknowledge the improvement a splendid one; and it is not in the nature of things that it should be effected without "treading upon somebody's corns." We confidently believe it will be found to have benefited every citizen in the town, if viewed from a standpoint in the year 1875.

We halted a little at the meadow which has now taken the place of what was formerly Watsessing Lake or Pond; the disappearance of which was hailed with the liveliest satisfaction by our entire community. Its present aspect certainly changes the scene very greatly for the better; and as far as we understand the views and plans of the Company who have come into possession of that valuable property, their improvement, when completed, will leave us no regrets for the metamorphosis, and nothing special to desire for the interest and credit of Bloomfield.

We passed into the "Old Road" at the foot of Adams Hill. We want to enter our protest against the continuance of this name for that avenue. It would be no difficult matter, we should judge, to agree upon a pleasing name, that would be agreeable for euphony and significant for its personal or historical associations. Why not call it EAST AVENUE? We were glad to see that the street has a good continuous sidewalk from "The Green" through Franklin street and the "Old Road," to Weaver Avenue, beyond the hill.

Mr. Jno. G. Maxfield is just completing a fine house for his own residence, and his son, Joseph B. Maxfield, another quite near for his new home. Farther on, Mr. Jay L. Adams has built three fine houses, equipped with modern improvements and beautifully situated, one or two of which, we understand, are still in the market, and would be sold to a party that would become a desirable neighbor. This is a good opportunity to get a choice home on favorable terms.

On Weaver Avenue, there are three new houses, including Mr. Weaver's handsome residence. This Avenue runs from Franklin Avenue North to and beyond the horse railroad.

Crossing into Watsessing Avenue, we struck a sidewalk again, recently laid through the entire length of this street, and beyond the railroad, nearly or quite to the Orange Line.

Many new houses are completed, or under way at this stirring "South End" of our village. The foundry and hat factories are well known, and speak creditably for the enterprise of Watsessing.

MONTGOMERY STREET.

MESSRS. EDITORS: In your last issue I notice a paragraph coupling Montgomery with Montgomery street. The village of Montgomery (if it may be dignified by the title) belongs exclusively to Belleville Township, and has nothing whatever to do with Bloomfield proper or Bloomfield Township, least of all with "Montgomery street." The street named, alone, contains more buildings than the entire village of Montgomery.

This explanation is offered in order that a somewhat prevalent mistake may be corrected—viz., that Montgomery street and Montgomery village are one and the same, or at least that they are connected in some way with each other, when, in reality, there is parity neither of location nor interest, the idea of association ceasing with the name itself.

A suggestion is made regarding improvement along the line of Montgomery street, and its extension through to Bloomfield avenue. Now, Messrs. Editors, while its extension is desirable, and will one day become even necessary, yet just at this time what we need most is not its extension in length so much as a considerable addition to its present width, bringing in an element which is now absent—that of uniformity. If we could have Montgomery street widened to sixty feet throughout its entire length, reaching from Franklin street to the Belleville line (leaving the question of extension for future consideration), it would be an improvement equally important and advantageous, both to owners of property along its borders, the traveling public generally, and the town of Bloomfield in particular. What we in this part of our town desire, is the continuation of Liberty and Fremont streets entirely through to the Belleville division line. People owning property in the section through which these streets would pass are undoubtedly willing and ready for the carrying out of this suggestion. There is also policy in immediate action; a few years' delay may occasion endless trouble that may now be avoided. Houses are being built, and personal local improvements being made, which may in time seriously interfere with a successful at-

tempt to widen and improve the street. The first third of his lecture, if it may be so divided, was much the ablest part, the remaining two-thirds he evidently did not exert the same amount of brain upon. He opened with particular mention of the important part the imagination took in comparing the "Good Old Past" with the doings of to-day. That the Sir Philip Sydney of three hundred years ago was no more a hero when mortally wounded when he gave his water to a dying soldier, than the gunner at Gettysburg who, dying under a cannon, called to his comrade: "Johnny, for the love of God, drop of water," being answered: "I have none, and if I leave the gun it will be taken," replied: "Then stick to the gun, Johnny, and at even the troops fell back, leaving his dead body on the field. "All the best of the old times we have now, leaving

Geo. Wm. Curtis gave the second lecture of the Y. M. C. A. course on the evening of November 22, the Presbyterian church, where it was held, being well filled. The first third of his lecture, if it may be so divided, was much the ablest part, the remaining two-thirds he evidently did not exert the same amount of brain upon. He opened with particular mention of the important part the imagination took in comparing the "Good Old Past" with the doings of to-day. That the Sir Philip Sydney of three hundred years ago was no more a hero when mortally wounded when he gave his water to a dying soldier, than the gunner at Gettysburg who, dying under a cannon, called to his comrade: "Johnny, for the love of God, drop of water," being answered: "I have none, and if I leave the gun it will be taken," replied: "Then stick to the gun, Johnny, and at even the troops fell back, leaving his dead body on the field. "All the best of the old times we have now, leaving

temps toward the execution of this project. Not wishing to occupy too much of your valuable space, permit me to say in closing, and as an illustration of the rapid growth of our town, that within the past four years twenty seven new buildings have been erected east of Williamson avenue and south of the Montclair Railway. Several are now in process of construction, and others are contemplated.

IMPROVEMENT.

Bloomfield, November 22.

MONTCLAIR.

The Lecture Season Commenced.

REV. J. B. HARRISON'S HISTORICAL COURSE.

[Reported for the Gazette.]

The Y. M. C. A. of Montclair have two courses of Lectures now in operation. One course on History by Mr. J. B. Harrison; the other by some of the most eminent speakers of the time.

Mr. Harrison gave the opening lecture of his series on Friday evening, the 15th inst. Mr. Harrison remarked:

It is my wish to make these Lectures of a familiar and conversational tone, one calculated to enlist our sympathies and interest, rather than of a polished character.

They will be both conversational and discursive, not discussing ecclesiastical polity.

I wish to stimulate in the minds of the young an inclination to read, for if these lectures cannot lead to this, they are of no more good to the mind than a lecture on Dietetics to the satisfying of hunger. I suppose there is no one object on which people have more vague ideas than the study of History. People say that they cannot enjoy the reading of History, that they cannot remember it. These people are either unpersevering or do not rightly commence their efforts. It is not necessary to remember every book. As we continue to read, we will come on the same facts again and again from different points of view; and facts which we cannot get singly we get in the web linked, event to event. So that we see at a glance the great and underlying causes of the writings of our favorite authors, Shakespeare, Dante, Milton, and the like. We will thus have a continuous whole and not like a man in a balloon, only touching earth at distant and unconnected points. Those whose minds are narcotized with the abstinence of novel reading say History is dry. They are mistaken. History is full of the most thrilling tragedies, comedies and scenes that put to shame the feeble attempts of a novelist.

Mr. Harrison then went on to illustrate the strangeness of History by the tale of Leo V. of Constantinople and his jester, the "Stammerer." After which he spoke of the light thrown on History in later days by the comparative study of language, which our forefathers did not have, being restricted to the writings of men like Rollin. Then a sketch was given of the different great families the world was divided into by language—Flu Arian, Semitic and Turanian; all having many words that show they was one and the same source. He closed with the advice, given warmly, to let the books and papers of to-day take care of themselves, for they are indeed only ephemeral and will never be spoken of again, and to devote, if only twenty minutes a day, to the weaving of our historical web, which will give lasting satisfaction.

Mr. Harrison's second lecture on the evening of the 19th was on "Pre-historic Times." The room was again crowded with the *elite* of Montclair, forming a most appreciative audience.

Mr. Harrison, in the first place, gave a description of the Physical Geography of Europe before the advent of civilized man; of its plains and morasses to the East, and of the Alps in the West, that mighty condenser and source of all its largest rivers. Describing the country as covered with dense forests, inundated with rain and inhabited only by a few wandering tribes of Cave Dwellers, men who were but one removed from the animals they lived on, whose marrow and flesh they eat, as shown by the split bones and arrow-heads still fastened in the remains of the then living animals; and now ages after, the bones of enormous beasts are found buried with those of their hunters whose physiognomy was not as "that charlatan" figure has pictured, but with an enormous development of the lower jaw. Then he went on to speak of the caves themselves, and the remains of rude stone work seen at Stonehenge in England and Carnac in France. The Lecturer at the close spoke with regret of the inclination that existed to advance material science at the expense of the science of History.

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Mr. Baldwin's store, embracing the homes of Mr. and Mrs. F. C. Craig, of South Boston, and George L. Stone, of Athol.

Since the late election, a petition to the Town Committee has been circulated, asking that a new Poll District be set off for this part of the town, to embrace that section lying north of Benson street. This would include the Morgestonians and Stone House Plains beyond, and be a very equitable way of dividing the town into two districts.

A word as to our boundaries.

The old limits were that part of the township immediately north of and in the vicinity of

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As to the name of our streets and avenues, we are just now in the midst of opening new ones, and, with, "reconstructing" and "straightening" ones or two old ones, and will, it is hoped, in a short time have them christened and published in the Gazette.

Yours truly,

Bloomfield, Nov. 22, 1872.

THE CITIZENS' PROTECTIVE ASSOCIATION OF BLOOMFIELD.

In the Spring of 1869 the town was visited by burglars, and a large number of dwellings were entered. The people were aroused and determined to arrest and bring to punishment the perpetrators of these crimes, and to afford better protection to each other and to the village, in July, 1869, this society was formed, with the following officers:—J. F. Sanxay, president; C. H. Nash, secretary; J. P. Jones, treasurer. Executive Committee—D. Oaks, A. T. Morris, R. Peale, J. F. Randolph, C. Baldwin. The society actively engaged in its work, and soon followed the arrest and conviction of burglar three of whom are now in the State prison, serving out terms of from three to ten years.

We cry "shame" on the woman wearing

one thousand dollar dresses, and land Elizabeth Tudor who issued a solemn protest

against dress, and at her death had over

3,000 in her wardrobe.

I have seen, said he, a man walking the lobbies of the